

7 Bean Veggie Chili

Makes: 6 Servings

Ingredients

3/4 pound Dodd Dried Bean Blend-Unsoaked and uncooked (2 parts kidney, 1 part great northern, 1 part small red kidney, 1/2 part pinto, 1/2 part black eye peas, 2 parts chick peas, and 2 parts black bean)
1 1/2 cups canned diced tomatoes
1 1/4 cups Red onions fresh diced
1 3/4 cups Carrots, raw, washed, peeled, diced
3 cloves Garlic, fresh cloves, peeled and chopped
1 3/4 cups Bell Peppers blend, raw, diced (2/3 red pepper, 1/3 green pepper)
1 3/4 cups Corn, Frozen
2/3 Fresh Lemon, zested and squeezed
2/3 teaspoon Penzey's Chili 9000 Spice Blend, salt free
3 3/4 ounces Cheddar Cheese, reduced Fat, shredded
3 Whole grain Pita Bread, large
1/2 bunch Fresh cilantro- washed and chopped
6 tablespoons sour cream
3 tablespoons Oil, canola, corn, tec

Directions

1. Wash hands for 20 seconds. Use single use paper towel to dry.
2. Inspect bean blend for debris, or stones. Rinse bean blend.
3. Soak beans overnight (or over weekend) in 6-8" deep full hotel pans in the refrigerator in enough cold water with 4 inches above beans. Cover and date.
4. Next day rinse beans and place in 1-2 large pots with water, at least 3 inches above peas in large pot. Bring to boil. Boil for 1-1.5 hours until tender. Drain, rinse and chill beans to 70 degrees within 2 hours

and to 40 degrees to within 4 hours. Must use ice paddles or blue ice trays. May also freeze for future use.

5. Drain Diced Tomatoes. Refrigerate tomatoes for later use. Boil the drained liquid in sauce pan from the tomatoes during the preparation of this recipe.
6. Place oil in the 24 qt pan (braising pan) and heat on med high.
7. Saute' diced onions, and carrots until onions are browned and translucent. Add garlic and peppers and saute' 10-15 minutes until peppers are tender but still a little crunch.
8. Add beans, and boiled juice from dice tomatoes. Cover and bring to a simmer for 15 minutes. Heat corn in the steamer and add to the braising pan. Heat through to 165 degrees.
9. Zest the lemons and squeeze the juice. Add all zest and 1.5 Tbsp lemon juice to the 6 serving recipe and all the zest of all the lemons and ½ cup lemon juice to the braising pan for the 50 serving recipe.
10. Add chili blend to bean mixture. Add half the shredded cheese into the mixture
11. Preheat convection oven to 325 degrees.
12. Cut the pita into 8 wedges with a pizza cutter and separate the top from the bottom layer. Place parchment paper pan liner on sheet pan and toast pita wedges for 6-9 minutes.
13. Serve in large 1 # food boat with 8 pita chip wedges, 1 cup of chili bean mixture (two # 8 scoops), sprinkle small amount of shred cheddar cheese- 1/2 of an ounce of cheese, top with 1 tablespoon sour cream and sprinkle cilantro on top of sour cream.
14. Hold 7 Bean Veggie chili Mixture at a minimum of 140F. Properly held leftovers must be chilled to 70 degrees within two hours and to 40 degrees within 4 hours. Use ice paddle.

Notes

Serving Size:

- 1 food boat with 8 pita chip wedges,
- 1 cup of chili bean mixture (two # 8 scoops),
- Sprinkle small amount of shredded cheddar cheese

~ 1/2 of an ounce of cheese,

- Top with 1 tablespoon sour cream, and
- Sprinkle cilantro on top of sour cream